

Prevalence of menstruation-related problems among the medical students in UniKL RCMP

Padmavathy KM^{1,2}, Nur Affie Fasihah AR², Syuhaidah T², Nur Aina Husna M², Shifaa Anis S², Annur Asyura A², Nur Fitriah Kamalia MS², Rohith Sharan S^{3,4}

¹Cluster for Integrative Physiology and Molecular Medicine (CIPMM), ²Faculty of Medicine, Royal College of Medicine Perak, Universiti Kuala Lumpur, Ipoh, Malaysia, ³Provas Medical Centre and Research Institute, India, ⁴Centre for Medical Education, University of Dundee, UK

ABSTRACT

Introduction: Menstrual cycle and menstruation-related problems are prevalent in the period around menarche and menopause. Early menstruation-related problems tend to disappear, and the menstrual cycle becomes normal and regular in few years after menarche. Awareness and early diagnosis of post-menarche menstruation-related symptoms are important in identifying problems that may concern woman's reproduction system. **Objectives:** To study the prevalence of menstruation-related problems involving female MBBS students of UniKL-Royal College of Medicine Perak (RCMP). The specific objectives were to identify the prevalence of each type of menstruation-related problems and to study the association of age, BMI and lifestyle measures on food and exercise with menstrual disorders. **Materials and methods:** A cross-sectional study was conducted in January 2022 among female medical students at RCMP. The research involved MBBS Year-1 to Year-5 female medical students, aged between 19 and 25 and were randomly selected. A self-administered questionnaire developed from published studies was used to collect data. **Results and conclusion:** Among the 209 study participants, 22 (10.53%) suffered from oligomenorrhoea, 9 (4.31%) suffered from menorrhagia and 170 (81.34%) suffered from dysmenorrhoea, meanwhile 89.5% of the participants mentioned they had regular menstrual cycle. The mean Body Mass Index (BMI) of the participants was $22.53 \pm 9.6 \text{ kg/m}^2$, where 19.1% were underweight, 61.7% were normal, and 19.6% were found to be overweight. In the dietary details, 71.4% of students have irregular eating habits. There were about 49.76% of female students were doing regular exercise and 20.57% female students were not exercising at all. No significant association between the variables and menstruation-related problems were found. Participants aged between 20 and 21 years had higher overall prevalence of menstruation-related problems.